

Pardon Ndhlovu

Hope Mills, NC, USA 28348 • 910-258-6418

Email: pardonndhlovu00@gmail

SUMMARY STATEMENT

Social entrepreneur with ample experience in running a small fitness business as a qualified endurance coach. I am passionate about taking a holistic approach in potential development by empowering athletes of all levels to achieve their peak performance and surpass their personal goals. Using a combination of education, technology, unwavering commitment to supporting clients and over ten years of experience, I develop tailored training programs for athletes of all abilities. I am committed to empowering others to succeed by cultivating resilience and fostering a culture of continuous improvement, measurable progress and success for every athlete under my guidance. Familiar with college teaching and recruitment methods, networking, and implementing best practices for personal development.

EDUCATION

Master of Business Administration, Augusta University, 2015

Bachelor of Science in Business Administration: International Business, The University of North Carolina at Pembroke (UNCP), 2013

Minor: Athletic Coaching

ACADEMIC TEACHING EXPERIENCE

Supplemental Instructor, The University of North Carolina at Pembroke, August 2010 - 2013

Undergraduate Courses: Human Biology

RELEVANT PROFESSIONAL EXPERIENCE

Endurance Coach

Coach Pardon Runs LLC and MCKIRDY Trained LLC, 2016 - Present

- Develop individualized training programs for recreational athletes
- Conduct persuasive presentations to demonstrate the benefits of coaching services.
- Manage social media presence that engages with potential clients and help build a community around the brand.

- Provide direction, encouragement, and motivation to prepare athletes for competition.
- Leverage technology to coach athletes worldwide.

Volunteer Assistant Coach

Cross Country Track and Field, UNC Pembroke

2021 - Present

- Assisted the Head Coach in implementing training plans for endurance athletes.
- Traveled with the team to offer encouragement and support during the competition.
- Recruited high-caliber student-athletes to enhance our team performance.
- Developed positive relationships with parents, school department, and the community.

Training Group Coordinator,

Fleet Feet Fayetteville

2022 - 2023

- Oversaw all aspects of store running club and training programs.
- Built and developed new training programs for the running club.
- Motivated and provided a supportive atmosphere for participants, fostering a positive learning environment.
- Communicated effectively with participants and managed volunteers.
- Assisted in making business decisions and new program implementation to drive traffic to the store.

Insurance Account Representative and Agent Team Member

State Farm, Boone,

2018

- Met with clients to understand insurance needs, assess risk and appropriate levels of coverage required.
- Educated clients on insurance needs and assisted in making informed decisions.
- Generated leads and expanded client base through outreach efforts.

Associate Sales Representative

Fleet Feet Augusta

2016 -2017

- Marketed and presented products effectively to clients.
- Assisted clients to find the appropriate gear for their desired outdoor activities.

- Analyzed client needs and provided tailored recommendations to meet their needs.
- Advised clients accordingly on effective training methods for their fitness goals.

Assistant Cross Country Coach

Augusta University

2013 - 2015

- Coached athletes and implemented training plans for their respective disciplines (middle distance and distance).
- Assisted the head coach in implementing training plans.
- Coordinated efforts to recruit and retain athletes by promoting a happy, healthy and peaceful team community.
- Guided athletes to multiple Conference Championship wins and National Championship appearances.
- Oversaw logistical arrangements including travel, lodging, meals and equipment purchase.
- Coordinated fundraising projects to fund the Track and Field Program.

Human Biology Supplemental Instructor,

University of North Carolina at Pembroke

2010 - 2013

- Provided academic support and tutoring for Human Biology, including clarifying concepts and assisting with assignments.
- Planned and facilitated supplemental instruction sessions to reinforce course material and enhance student comprehension.
- Assessed student understanding through quizzes and other formative assessments, offering personalized feedback for improvement.
- Communicated regularly with faculty and staff to align supplemental instruction with course objectives and identified students in need of support.
- Collected and analyzed data on student engagement and outcomes to inform program evaluation and implement targeted interventions.
- Completed administrative tasks such as maintaining records, scheduling sessions, and adhering to institutional policies and procedures.

PROFESSIONAL PRESENTATIONS

- Undergraduate Research Assistant, Native American Serving Non-Tribal Institutions, 2010

- Speaking engagement with youth, high school and college athlete teams
- Guest speaker at Elliott Davis Decosimo Town Hall meeting, Augusta, GA, 2016
- UMO Tillman Business School first presenter for the Professional Speaker Series, 2017
- Keynote speaker for the Alumni Awards Ceremony Augusta University, 2018
- Team WickendBookProof LLC, Professional Camp Guest speaker 2020-2021
- The University of North Carolina at Pembroke Campus Engagement and Leadership Distinguished Speaker, 2022

SPEAKING ENGAGEMENTS- PODCAST EPISODES

- Running with Dave
- Made to Move Podcast
- The Best Worst Thing

PUBLICATIONS

Independent Study for Masters in Business Degree.

- Competitive balance in women's collegiate cross country running: Applied Economics Letters, *Issue 3* - Contributing Author (2020)

COMMUNITY SERVICE

- Organized and Conducted a Running Camp at Innovate High Performance Center, Harare: 2016
- Participated in mentorship programs with Education Matters and College Connect International: 2012 - present
- Collaborated with Kyros Sports and collected over 1000 pairs of shoes for underprivileged athletes in Zimbabwe, currently in distribution: 2018
- Continuously support upcoming athletes with needed resources to succeed in their career, be it getting in college or having shoes to run in: 2011 - present
- Mentor for International students attending universities in the United States.

CERTIFICATION

- USA Track and Field (USATF) Level 1 Certification: 2012 - Present
- VDOT Running Coaching Certification: 2016 - Present
- North Carolina Insurance Producer - 2018 -2023